

Spring Cleaning



Mother Seigel's Operating Pills.

UNLIKE many kinds of cathartic medicines they do not make you feel worse before you feel better. Their operation is gentle but thorough, and unattended with disagreeable effects, such as nausea, griping pains, etc.

Seigel's Operating Pills are the best family physic that has ever been discovered. They cleanse the bowels from all irritating substances and leave them in a healthy condition. They cure costiveness.

These Pills prevent fevers and all kinds of sickness by removing all poisonous matter from the bowels. They operate briskly, yet mildly, without any pain.

If you take a severe cold and are threatened with a fever, with pains in the head, back, and limbs, one or two doses of Seigel's Operating Pills will break up the cold and prevent the fever.

Seigel's Operating Pills prevent ill effects from excess in eating or drinking. A good dose at bedtime renders a person fit for business or labor in the morning. The Pills being

sugar-coated are pleasant to take; the disagreeable taste common to most pills is obviated.

When the tongue is coated the head heavy and aching, an offensive taste in the mouth the appetite poor, and the spirits dull, a dose of these Pills speedily changes this miserable state of things and supplants it by the exact opposite.

The wisest and most cautious of us are sometimes tempted to eat and drink too much, and to sit up too late at night. When we have been guilty of this indiscretion there is nothing in the world like Seigel's Operating Pills to speedily correct the unlucky results, and send us off to business the next morning with a clear head and an elastic step.

Briefly, it is no idle statement to make, that so excellent and scientific a combination of qualities places Mother Seigel's Operating Pills far in advance of any others yet offered for the relief of those ailments for which Pills are specially adapted.

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OLD DINAH in "Uncle Tom's Cabin" had, you remember, a great and awful occasion which she called her "clarin' up time." But she had no fixed season for it. Like Easter, it was a "movable" feast. Some years. I think Mrs. Stowe



hints, it didn't come at all. At all events everything in the line of cleaning, and setting matters to rights, had to wait for it. That doesn't do for most housekeepers. They fight dirt and disorder every day, of course, yet in spite of that the grand annual

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battle must come off. It is a radical, drastic, heroic time. No quarter is asked or granted. Nothing is privileged or sacred against it. The women are in command and the men must obey or fly. The writer—an experienced man of family—usually flies. Imperative business engagements take me from home during house-cleaning week. I know it is a cowardly procedure, and cannot honestly recommend it to other men. Better, no doubt, to stop at home and help; and brave men who love their wives will do so.

For there is work enough to keep them warm. There are carpets to take up, beat, and lay down again; heavy furniture to be moved about and put in new places; closets and other dark retreats to be rummaged and the dusty accumulations to be dragged to light and redistributed; step-ladders to be carried from point to point, like the artillery that rushes where the enemy threatens our lines;

A Seigel's Pill at night will insure a clear head in the morning.

buckets of hot water to be lugged from the kitchen to the scene of scrubbing and paint-washing operations; dank and damp cellars to be opened, aired and purified; curtains and shades to be taken down and put up again; pictures to be treated the same way; windows to be washed and then polished on both sides until they can stand the inspection of the neighbors; closet and pantry shelves to be thoroughly scoured and then surprised with a covering of clean paper; stoves to be removed and set aside for the summer—a dirty, back-breaking, finger-bruising job; seldom-used dishes to be carefully handed down, like a Supreme Court decision, washed and returned to captivity; walls to be kalsomined or white-washed; meals to be eaten with everybody sitting round like the survivors of a shipwreck on a desert island; and so on through all the details to the end.

But when it is really over and done with!—then see the difference. Everything clean and sweet from cellar to garret. Dirt and Disorder are driven from the field, and the house is in good shape for months to come.

Now there is another house which should be kept clean—namely, the body. I mean clean *inside*; for that is vastly more important than *outside* cleanliness. The latter is nice and useful, and we are all supposed to look after it out of mere self-respect; but it is the *inside* that needs attention, because it is never seen and thus gets neglected. Bear in mind that nearly all our complaints and diseases are caused by *dirt inside the body*. This may sound a bit queer to some of you, yet it is true all the same. “Why, I never eat or drink anything unclean,” you say. One moment, now; let us reason together. The food on your plate is clean. Very well. When it gets on your clothes by accident—then

For a sore back use a Seigel's Plaster.

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what is it? Dirt, of course. What a lady will take into her mouth with delight she will repudiate from her hands or dress with aversion and disgust. That's it. You see the point. "*Dirt*," said Lord Palmerston, "is simply matter out of its place."

All the food we take, which is not necessary to build up or warm the body, immediately becomes filth, refuse, dirt. Yes, and not only dirt, but some of it poisonous dirt.

Even in the healthiest persons this is so. Therefore Nature proceeds to get rid of it at once by means of the bowels, kidneys and skin. That is, she tries to do it, and if all these organs work well, and the load of dirt is not too great, she succeeds; but if they work badly and the load is more than they can manage, there is trouble right away. That means some of the surplus stuff remains in the stomach, where it ferments, producing indigestion, sour stomach, bad taste in the

mouth, rising of foul gas or fluid into the throat, headache, loss of appetite, etc. Some of it, more or less digested, and some not digested at all, stays in the bowels or intestines, where it is a nuisance and a source of danger. The poisonous principles of it are absorbed and get into the blood, which carries them all over the Body-House from roof to foundation. Many ailments, including fevers, come in this way.

Then the liver, the biggest if not the hardest worker in the body, is often weakened and clogged, especially in the Spring after a winter of hearty and careless eating and drinking on our part. So it leaves bile in the blood instead of removing it, and we may have in consequence what we call a "bilious attack." For bile *in the blood* is dirt—poisonous at that. A heap of rotting compost in your parlor would not be so dangerous.

Thus we see how desirable it is to keep the interior of

Regularity of the bowels follows Seigel's Pills.

the body clean at all times, but more particularly is it requisite and necessary in the Spring, with the complaints and diseases of Summer to be met and resisted. A bottle or two of Mother Seigel's Syrup, taken in moderate doses from day to day, will do this gently and thoroughly. It will turn out the dirt,

and make the blood pure. Yes, and every nook and cranny of the system.

So while you are doing the Spring cleaning in the house for the sake of comfort and the looks of things, don't forget the more important Spring cleaning which is the very basis of health and happiness.

Palpitation of the Heart.

When you fancy you have heart disease the chances are a hundred to one that you have no heart disease at all, but indigestion and dyspepsia instead. The heart is located almost directly above the stomach, and when the latter is inflated by the gas arising from indigestion it often presses upon the heart and causes fluttering, palpitation and faintness. Take a few doses of Seigel's Syrup and you will commonly find you had no reason to be alarmed.

Suffered Five Years.

FRENCH RIVER, PARRY SOUND, ONT.,

October 7, 1897.

Gentlemen: For five long years I suffered from dyspepsia and indigestion. After taking many doctors' medicines which did me no good, a merchant here (Mr. Chas. E. Begin) recommended me to try a bottle of Mother Seigel's Syrup. I bought one or two from him and they made a great change in me at once. Afterwards I took several more and am now completely cured and in perfect health.

Thanks to whom?

Why to Mother Seigel's Syrup.

(Signed)

Yours truly,

MADAME ZOE LAVIOLETTE.

For a sore chest use a Seigel's Plaster.



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Diseases of the Stomach.



The stomach is a simple sack or bag. Into it all the food drops as we swallow it. Here it remains some time to be digested. The stomach

—unlike the liver—does no other work; but digestion is a complicated and difficult operation. In the stomach the food is mixed by means of a motion of its own with certain natural fluids or juices, until it becomes a thick, half-fluid mass. Failure on the part of the stomach to accomplish this is called indigestion and dyspepsia. It is almost a universal disease, and the fruitful cause of nearly all the other ailments we suffer from. The food remains in the stomach and ferments, just as garbage does in a tub. A foul and nauseous gas is generated, which rises into the throat, and, with other poisons, attacks the whole system by

means of the nerves and blood vessels.

The principal symptoms are these:—Distress after eating; a sense of fullness and deadness; headache, giddiness, bad breath; hot flushes, followed by creeping chills; sleeplessness, loss of ambition and energy, yellowish eyes and skin, a feeling of weariness that is not relieved by our usual repose; desire to be alone; dry and scurfy skin; aching of the back, arms and legs; bad taste in the mouth, coated tongue, variable appetite, hunger alternating with a loathing of food; great mental depression, and fears and anxieties without any apparent cause; shortness of breath and trembling of the limbs on making any exertion, etc. The stomach is tender on pressure, and filled with slime and mucus. The liver sympathizes with the state of the stomach, and the result is an attack of bilious-

Seigel's Plasters cure pain in the back.

ness, which affects every organ of the body and prostrates the nerves.

The experience of thousands for many years proves the wonderful efficacy of Seigel's Curative Syrup in this miserable malady. We need scarcely make this statement to the people of Canada, who so largely rely upon this remedy in a disease that is so common among them. The Syrup gently but surely clears out the noxious load from the principal organs of digestion, helps the stomach to dissolve and digest what is nutritious in it, and expels the remainder through the bowels and other organs of excretion. It thus cures one malady and prevents others which will certainly follow unless this is quickly and thoroughly done.

Seigel's Curative Syrup has been successful in cases which have baffled the best medical talent, and what it has done it may be trusted to do still. Whether your

case be acute or chronic, the result will be the same, only in long-established cases there is need of patience and faithfulness in using it. The reward will be restored health and a fresh sense of the value and beauty of life.

Common Symptoms.

Some of the signs which show that your stomach is out of order are: Headache, dizziness, neuralgia, nervousness, irritability, sickness, stomachache, heartburn, loss of appetite, loss of flesh, weakness, bad taste in mouth, bad breath, jaundice, flatulence, constipation, etc.

These signs are not the extent of your illness, but only the beginning. They will grow worse as time goes on, and new and more dangerous ones will come unless you cure your stomach with Mother Seigel's Curative Syrup.

If you take this gentle, soothing, healing, strengthening medicine in time, it will renew your energies, strengthen your stomach, help to digest your food and restore you to health.

It will help to make you what you want to be.

Regularity of the bowels follows Seigel's Pills.

Experiment Proved Successful.

From the Evening News, Toronto, November 27th, 1897.

The study and careful investigation of ordinary things has oftentimes resulted in great inventions and the saving of time and money. Watt, while seated at his fireside, watched the kettle boiling, and obtained the idea of applying the steam as a motive power. He worked diligently at his task and succeeded in giving to the world the means of rapid transportation.

There are many cases where the proper and timely application of everyday things gives a result of universal benefit. The following is a story of an experiment which proved the means of saving one man's life and may be of benefit to many others.

Fifteen years ago James Dean Smith came to Toronto from Buckinghamshire to take a position in the shoe factory of J. D. King & Co. He was a competent work-

man and his experience in a certain line of the business was so wide that the firm recognized the fact that his services could not very well be dispensed with. As a result he has been in the employ of the company ever since, but at one time, about three years ago, his health began to fail and it looked as if he would have to quit work altogether. The manner in which he has been restored to health was so simple that it was decided to give the public the benefit of Mr. Smith's experience, and a *News* reporter was requested to get the story from the shoemaker, who resides on Malvern avenue, Davenport, the first house north of the railway track. Besides his work in the city Mr. Smith is cultivating a large parcel of land as a market garden, and is known in the village as a hard-work-

Your pain in the side will be cured by using a Seigel's Plaster.

ing, most reliable and honest man.

When the reporter called Mr. Smith had not yet returned from the city. Mrs. Smith was informed of the story which had been circulated, and unhesitatingly answered that it was perfectly true, but that she would prefer Mr. Smith to speak for himself, and as he was expected home in a few minutes the reporter was asked to wait.

In conversation with Mrs. Smith it was learned that while in the old country the family always had a bottle of Mother Seigel's Curative Syrup in the house, and that she had used it when any of her children were croupy or showed signs of suffering from cold. She had used it herself when troubled with indigestion, and found relief within a few hours.

When Mr. Smith arrived he willingly agreed to give all the information possible regarding his illness. He said: "For many years early in the

spring I had been troubled with what the doctors called dyspepsia—it is a dreadful disease—and I tried all sorts of remedies, but none seemed to give me the relief that I desired. I was able to work until about three years ago, when I was stricken down suddenly. There was a sourness in my mouth. I could eat nothing. My stomach turned at the sight of food. My heart palpitated rapidly, and I could scarcely move in bed. Several doctors were called in and gave me all sorts of medicine, one advising a treatment of warm water applied to the small of the back, which was briskly rubbed during the application. For two months I suffered terribly. My wife, one day having occasion to give one of the children a dose of Mother Seigel's Syrup, asked me if I would take some. It could do me no harm, she said, and might possibly relieve me. After two or three doses I felt considerably bet-

The evil effects of overeating are corrected by Seigel's Pills.

ter, the pains had left my back and I was able to sit up in bed. Before I had finished the first bottle I could get downstairs. My appetite returned, that nasty taste in my mouth had disappeared, but there still remained an aching pain in my stomach, which troubled me periodically. I continued to use the syrup, and before the second bottle was empty I was able to get back to work and walk the entire distance of five miles to the factory. I cannot say too much in favor of the syrup. It cured me and I have continued to use it every spring, not that I am troubled with the disease, but to make sure

that it will not return. Occasionally when I hear any of my friends complaining of stomach trouble I advise them to try a bottle.

"When I take the syrup now it is immediately after breakfast. I never felt better in my life, and I can do more work than I ever did before. After I come home from the city I work for several hours in the garden. I have seven children, and they have never been seriously ill. On the first sign of sickness they are given a dose of the syrup, and they are all right the next day. For my own part I can recommend it to all who are suffering from dyspepsia."

Rheumatism.

Never before has there existed a remedy as unfailingly successful in rheumatic affections as Seigel's Curative Syrup. It lubricates the joints, promotes the secretions of the fluids necessary

to remove the stiffness of the muscles, removes hardened deposits in the joints, greases the machinery of nature and makes it move easily. One or two bottles of Seigel's Curative Syrup will do more

If you have Lumbago, use a Seigel's Plaster.

than a hog'shead of liniments, for it carries out of the circulation the acrid humors in the blood upon which rheumatism depends, removes inflammation, soreness, and stiffness of the muscles.

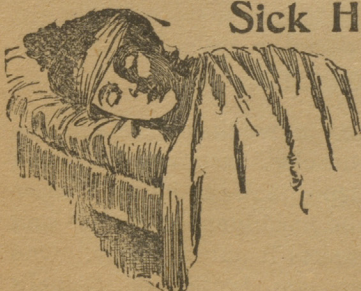
A short trial will convince the most discouraged that Seigel's Curative Syrup is all that is claimed for it.

 The seeds of disease—the worn-out particles of the body which are no longer of service in carrying on the functions of life—should be carried out of the body as fast as they are formed. The occasional use of Seigel's

Curative Syrup will clear out all the passages of the body and purify them.

Seigel's Curative Syrup abstracts the diseased humors from the blood, and makes it flow through the veins freely. No sluggishness can exist when Seigel's Curative Syrup is used. The blood can be invigorated to such an extent that even the symptoms of old age are protracted for years beyond the time when the tottering step and trembling hand are expected. The body is renewed, life and vigor return, and every organ is restored to health.

Sick Headache.



This distressing but not dangerous ailment is com-

monly the result of indigestion. You can prevent it by taking a dose of Seigel's Curative Syrup every few days, immediately after a meal. Persons at all subject to sick headache should take the Syrup whenever they feel any signs of costiveness.

Constipation sometimes kills—correct it with Seigel's Pills.

A Report from Canning.

PROVEN TO BE CORRECT.

Regarding the Wonderful Escape from Death of a Young Lady of that Town.

From The Western Chronicle, Kentville, N. S., November 18th, 1897.

Capt. Edwin Holmes of Canning is a man that is well known to almost everyone in Kings County. For many years he has followed the sea as Master Mariner, but of late he has purchased a place in the town of Canning, and has settled there with his family.

Apart from the dangers he has had to encounter while at sea, he has found trials to contend with on land and at home, and not the least of them was the serious illness of his daughter, Miss S. Holmes, some seven years ago, at which time it was feared her life would pay the penalty. To look at Miss Holmes now one would never dream that so short a time ago she was the picture of misery and distress, the vic-

tim of a disorder that if allowed to go its way unchecked would sooner or later end in death, yet such is the case as related to a Chronicle reporter. "Seven years ago," Miss Holmes related, "I was ashamed to be seen on the street, as everywhere I went I was the subject of remark by people who would stop me to tell me how badly I looked. I could not eat a bit of bread or the simplest food without being distressed. When my father came home from sea he was visibly alarmed and at once got me all kinds of medicine, but it was of no avail. In the mornings I was hardly able to stand up, and had terrible headaches. Towards night I would feel a little better, but the next day would be a repetition of the

Seigel's Pills cure Constipation.

day before. I could not even have a dress fitted without having to sit down, and eating the simplest food would cause me the greatest pain.

For two long months I continued in this state, gradually growing thinner and paler, until I was advised by some one to try Mother Seigel's Syrup, and I was both surprised and delighted to find that before I had taken half a bottle, I was conscious of a decided improvement. Feeling encouraged I continued to take it regularly after each meal, and soon I was able to eat heartily. I continued taking the Syrup for nearly six months, during which time I continued to gain in flesh and health at a wonderful rate, until people marveled at my rapid recovery as much as they did at my failing a few months before.

Since that time I have been in perfect health, and my mother says one needs only to look at me to know that

my food digests well. I have told many of my friends about the medicine, and in every case it has helped them wonderfully."

Health Insurance.

The seeds of disease can't grow where health, strength and pure blood have rendered the soil sterile. Where Mother Seigel's Curative Syrup has helped to make the body strong and healthy.

Dyspepsia, biliousness, headache, neuralgia, rheumatism, gout, lumbago, liver disease, kidney trouble, anæmia, catarrh, dropsy, jaundice, etc., are all diseases which attack you because you are weak. The seeds grow because the soil is fertile.

These diseases can be cured with Mother Seigel's Curative Syrup. They, and many others. They, and all disorders of body or blood which arise because of the fertilization of the soil by indigestion. There's nothing succeeds like success. No success like Mother Seigel's Curative Syrup.

No other medicine which cures illness so simply and certainly as it does.

No other that *has* cured so many as it has.

For a sore chest use a Seigel's Plaster.

Constipation and Piles.

The bowels should be emptied at least once a day by a natural evacuation, yet some persons (usually females) often fail of such evacuation for several successive days. Consequently the bowels or intestines are filled with partially digested food, which ferments and sours, and develops a foul gas that rises into the mouth with a belching sound and action. This nauseous mass presses upon and congests the blood-vessels, producing various forms of piles—bleeding piles, blind piles, itching piles, etc. What suffering is thus caused we need not describe. The only mode of relief and cure is to soften this disease-breeding accumulation, and expel it from the bowels by the natural passage, and then to tone up the intestines so that they may do their own work. Seigel's Curative Syrup does

this by promoting the secretion of bile by the liver, and stimulating the nervous and muscular power of the bowels. A few doses give relief, and perseverance will effect a cure.

The Best Ointment.

BLAIR ATHOL, N. B. Mch. 29, 1897.
A. J. WHITE & Co.,

71 St. James St., Montreal.

Dear Sirs: You were wanting to know what disease my son had. He had three blind boils on his leg for a year. I called in a doctor and got \$5.00 worth of medicine and when that was used the sores were worse than before. One evening I was reading in Mothe Seigel's Almanac and found Mothe Seigel's Syrup and Ointment. I went to Dalhousie and bought a bottle of Syrup and a box of Ointment. When he had used the bottle and three boxes of Ointment he was entirely cured—in four weeks. It is the best Ointment that can be had for any sores. You can publish this in your Almanac. I remain, yours truly,

JOSEPH PANANT, P. M.,
Blair Athol, Restigouche Co., N. B.

For boils use Seigel's Ointment.

Skin Diseases.

In this short paragraph we want to enforce only a single point. *All skin diseases of whatsoever name or nature are caused by IMPURITY OF THE BLOOD.* The skin is full of minute blood vessels. These carry the poison which is in



the blood to the skin, and such poison produces an outbreak, according to what its special nature may be. Pimples on the face or body, erysipelas, salt rheum, ulcers, sores, boils, carbuncles and every other disease—including tum-

ors and malignant cancers—which show upon the surface of the skin, signify that the blood is laden with the foul and putrid matters which are themselves engendered by indigestion and dyspepsia. Scabs in the hair, sore eyes, running from the ears, etc., come from the same cause, and can be gotten rid of in the same way, namely, by the use of Seigel's Syrup. The coarsest skin can thus be made soft and fine. Rashes, festers, fleshworms, liver spots, blackheads, disappear before this blood purifier as a fog before a fresh west wind.

ANON P. O., Canada, Mch. 5, 1897.

Dear Sirs: I have been troubled with dyspepsia for four years, and I have been doctoring and found no relief until I tried the Seigel's remedies. I found great relief from it and have taken four bottles, and now I can eat vegetables without any distress at my stomach, and it has strengthened my system. I recommend Seigel's remedies for dyspepsia and weakness.

Yours truly,

(Signed) MRS. R. FOULDS.

For a sore back use a Seigel's Plaster.

Nervous Debility.

Are you run down, do you feel weak, exhausted, depressed, irritable, languid and tired of life; have you headache, neuralgia, dizziness, fever, nausea, stomachache, constipation, loss of appetite, jaundice, flatulence, etc.?

These symptoms may turn into gastritis, congestion of the stomach, liver disease, kidney complaint, anæmia,

dropsy, rheumatism, gout, lumbago, and many other disorders.

Many of them almost incurable with all ordinary medicines. You can cure yourself by eating nourishing food. Provided that your stomach can digest it. Mother Seigel's Curative Syrup helps you to digest food that your stomach cannot take care of.

Bowel Complaints.

The bowels, in a healthy state, carry off all useless matter which can be carried off in solid form. Sometimes the main channel becomes choked up by the slime on the coating of the intestines, which gives rise to constipation and irregularity of the bowels. If the bile is not thrown out from the liver in

sufficient quantities, the bowels become costive and the membranes of the bowels become weak and irritable. When much irritation exists diarrhœa follows, because the bowels have not the strength to do what is required of them. Inflammation follows, and the person so afflicted drags out a miserable existence. Sei-

Have you ever tried Seigel's Ointment for a burn?—Nothing better.

gel's Curative Syrup is the most efficacious remedy ever known for producing natural passages, removing slime and phlegm from the bowels, and keeping them regular. It gives tone to the intestines, and strengthens them to perform the functions designed by Nature.

One or two doses a day will cleanse and tone the intestines, and remove torpidity of the liver.

Always Successful.

MALVINA, COMYSTON CO., }
QUEBEC, March 8, 1897. }

Gentlemen : I have used Seigel's Syrup and Pills for twelve years and have always obtained immediate relief from headache, nausea and biliousness, which I was subject to. I consider the Syrup a powerful medicine against indigestion.

My wife has used your Plasters for pains in the back and they have never failed to have the desired effect.

Yours truly,

(Signed) M. T. ROY.

Cured After Four Doctors Failed.

DALHOUSIE, N. B.,

Mar. 12, 1897.

Gentlemen : I am pleased to inform you of the good that Seigel's medicines have done in my family. Six years ago my wife was so weak from dyspepsia she could do nothing, not even sweep the floor. She had much pain in the stomach and elsewhere. By chance one of Seigel's Almanacs fell into our hands and we sent for a bottle of Syrup. She had had four doctors and only grew worse. She felt a little better after taking the first bottle and kept on until she had used 13 bottles. She was then completely cured and has had good health for the last five years.

One of my brothers was here and had a bad arm so that he could not dress himself. One bottle cured him completely.

We always keep your Ointment in the house and have nothing but praise for it and for the Pills. These three medicines save me doctor's bills every year.

You can publish this and use my name if you wish.

Yours truly,

(Signed) SAM. ALBERT.

Nothing like Seigel's Operating Pills to regulate the bowels.
No griping; no ill effects.

Diseases of the Liver.

When the liver becomes disordered and diseased, the person so afflicted is indeed miserable. He suffers with dull pains in the side, bad taste in the mouth, spots before the eyes, flushes of heat, irregularity of the bowels,



piles, coated tongue, disordered stomach, heartburn, costiveness, and pain in the head. He frequently has a dry cough, high colored urine, yellow skin, and dull sleepy sensations, rendering him unfit for business or for employment. The hands and feet are cold, circulation of the blood

is sluggish; the patient suffers with vertigo, ringing in the ears, loss of appetite, nausea, and sick headache, heartburn, dry, scurfy skin, etc.

Seigel's Curative Syrup acts moderately upon the bowels, so as to produce two or three easy passages a day, without any purging or griping. It does not leave constipation, as most of the ordinary blood purifiers in use do, but produces harmony in every part of the system. The liver is invigorated to secrete healthy bile and to filter impurities from the blood by the use of this wonderful regulator and invigorator, and all the disagreeable and painful sensations above mentioned are one by one removed as the blood is cleansed and renewed. The skin loses its sallow appearance, and the bloom of health and beauty takes the place of the haggard and sallow hue of disease.

For boils use Seigel's Ointment.

At Death's Door.

After Suffering Untold Agonies a Man Survives.

HE IS NOW ENJOYING GOOD HEALTH.

How Royal S. Thompson, of Elk River, Minn., Obtained
a New Lease of Life.--The Story as Told
by a Correspondent.

(From the Minneapolis Journal.)

ELK RIVER, MINN., May 18, '95.—Your correspondent was chatting with Mr. Royal S. Thompson, one of the prominent farmers of this vicinity, to-day, and incidentally remarked upon his apparently improved health, which brought a statement of facts that might prove of interest to readers, so I fire it in. It seems that about two years ago Mr. Thompson was taken seriously ill with headache and indigestion, from which he suffered untold agonies. He consulted a number of doctors, but could gain no relief, and had about made up his mind to die, when a

friend advised him to try Extract of Roots (Seigel's Syrup), which he did, with such good results that he is now as well a man as there is in the vicinity. But let him tell the story in his own way:

"I was in just as bad shape as I could be and possibly live. A good many people around here know the circumstances and the shape I was in. I doctored with three different doctors. I don't care to mention any names. They probably did all they could for me, but I made up my mind that they could not help me, so I went to see another doctor, and he

The bowels are permanently strengthened by Seigel's Pills.

was away, and while I was looking for him I met a friend, who advised me to try Extract of Roots (Seigel's Syrup). At that time I was reduced in flesh from 160 pounds to 112 pounds. Before I had taken half of one bottle I came to the conclusion that I was gaining, and by the time I had taken two bottles I was apparently as well as ever. For two years after taking these two bottles I have not taken any of the medicine, but have felt just as well as I ever did, until this spring, when I noticed symptoms of the old complaint. I then took another bottle, which completely cured me, and I am now as well as I ever was and as well as any man well could be. I think if any one is troubled with indigestion or stomach trouble it is a first-class medicine. I know of several other parties who have taken the medicine and secured equally as great benefits from it as myself.

"When I first commenced taking it I could not eat anything, and when I did I could not keep it on my stomach."

Mr. Thompson naturally feels very grateful for the relief from suffering the medicine has brought, and never misses an opportunity to say a good word for Extract of Roots (Seigel's Syrup), which he actually believes saved his life. It is certain that he is now as healthy a looking man as there is in the vicinity.

There are so many diseases which are the result of indigestion, but which are not considered so by those who suffer from them.

Because of this ignorance, they linger on in suffering when a few doses of Mother Seigel's Curative Syrup would put them all right again.

This is the way that biliousness, gastritis, congestion of stomach, inflammation and other diseases of liver, kidney complaint, rheumatism, gout, lumbago, anaemia, dropsy, jaundice and other disorders commence.

Indigestion is the first step downward on the ladder.

Mother Seigel's Curative Syrup will hoist you up again.

For burns or scalds use Seigel's Ointment.

To Cure a Cold.

To get rid of a cold nothing is more helpful than a gentle but thorough purgation of the bowels. The reason is that a cold is a congestion. The blood is more or



less impure and the circulation is impeded. "Feed a cold and starve a fever," says the old adage. It was only half right. Nowadays the practice of the best medical men is to feed both. Throw off weakness with more strength; throw off disease

by promoting the general health—that is the sensible idea. You have a cold, let us say. The head is stopped up, the skin is dry, the appetite is not satisfactory and you are nervous, excited, and shivery all over. Perhaps there is a nasty cough, too. Now what is to be done? We must open the bowels and the pores of the skin and let the foul humors, which are at the bottom of the cold, pass away. To do this take fairly liberal doses of Mother Seigel's Syrup after meals, perhaps three times a day for two or three days—regulating the doses by age, sex and constitution. Only take enough to produce the effect. If there is much constipation start with a dose of Mother Seigel's Operating Pills. This will break up the cold when narcotic medicines and so-called "tonics" are worse than useless.

Seigel's Pills are a bowel tonic.

Fever and Inflammation.

When we run a sliver into one of our fingers it throbs and hurts and soon gets swollen and hot. In its efforts to get rid of the sliver Nature has become excited, and kindled a big fire on the spot. This is a local fever and inflammation. Please pay attention now, and see how simple, yet important, this fact is. Indigestion and dyspepsia allow the foul and poisonous matters, which should pass off out of the system, to get into the blood. They go to every part of it, and to every organ in it. Wherever there is weakness they fasten themselves and produce fever and inflammation. Sometimes it is the bowels, then the kidneys, then the liver, etc. You can always put out a fire in a stove by dumping the grate. On the same principle we must subdue a fever or inflammation by driving the cause of it out of the body.

This is true no matter by what name the fever is called; and even when the poison is taken into the body through the lungs as well as through the stomach, as is the case in what are termed contagious or infectious fevers, Seigel's Curative Syrup acts upon the stomach, bowels, liver and kidneys, and sets them at work to remove the evil guests from the system, and the fever dies out as a fire does when there is no more fuel.

LEMONVILLE, ONT., Sept. 5, 1896.

A. J. WHITE & Co., Montreal.

Sirs:—I can unhesitatingly recommend Mother Seigel's Syrup as a positive cure for dyspepsia. In my case I had been troubled with dyspepsia or indigestion for several years, and had tried all the advertised remedies that I heard of but without relief. On the recommendation of your agent here, Mr. W. L. White, I gave Mother Seigel's Syrup a trial, and I am thankful to say that two bottles have completely cured me. I can now take my food with satisfaction and feel that it does me good. I can heartily recommend it to anyone suffering from a like disease.

(Signed) MRS. HENRY GRAY.

Seigel's Ointment is invaluable for Piles.

Feminine Weakness.

Women in particular stand in need of some such remedy as this. Even more than men they are liable to illness. The confinement, the worry and labor of housekeeping, and the care of a home and a family, tend to break them



down. Men may earn most of the money, but it is upon the wives and mothers that the real responsibility falls; and when they are not able to look after affairs, what becomes of the home? What indeed? We may well ask that.

Now, there is a host of women in Canada who can bear witness to what Seigel's

Curative Syrup has done for them and for their sex. It has given health and spirits to many a poor, desponding mother, wife, or daughter. It has found them with hollow, sunken eyes, and sallow faces, all of which are signs of some trouble or weakness—probably of the organs of generation; and in the course of a few weeks the dark circles under the eyes have disappeared and bright looks returned with health and strength.

During pregnancy the Syrup should be taken in 10 or 15 drop doses, three times a day, *instantly after eating*. If the bowels should be constive, an occasional dose of Seigel's Operating Pills (say once a week) will give great relief. Yet great care should be taken to *avoid violent purging*. Gentle and regular movements are all that should be aimed at. Therefore each one must suit the dose to her own needs, not slavishly follow someone else's rule. Read the directions that go with the Pills.

Ologged bowels mean sickness—keep them open with Seigel's Pills.

Deafness and Dizziness.

If the pilot is blind what is to become of the ship? The brain is the pilot of the entire man. It never is at perfect rest, day or night. Every other part of the body reports to it. When it wears out or goes wrong the pilot is blind. In plain English, brain disorder shows itself by signs in the senses; impaired vision, clouds or black spots appear, indicating partial loss of sensitiveness in the retina, which is the immediate seat of sight. There is singing or buzzing in the ears, or deafness; neuralgia, keen pains running along the course of the nerves, particularly of the face. There will also be headaches, sometimes over one brow, and again over the whole head.

The cause of all this is torpor and inaction of the liver and kidneys, whereby the brain is prevented from getting the nourishment it

requires. It is like a garrison working and fighting without provisions. We must send up supplies without delay. Arouse the liver and kidneys by regular doses of Mother Seigel's Syrup, until there is an open road between the bread upon your table and the brain which taught you to earn it.

Dizziness Cured.

BALCARRES, April 1, 1897.

A. J. WHITE & Co., Montreal.

Dear Sirs: I feel confident that I derived much benefit from the use of Seigel's Syrup. When I first started to take your medicine I was troubled with dizzy weak spells; in fact my system was altogether worn out. Now I am never bothered with this weakness and feel as well as I can expect. I would advise all suffering as I was to give your medicine a trial.

I remain, yours respectfully,

MRS. BALFOUR, SR.

Coated tongues yield to Seigel's Pills.

Keep in Tune.

A musical instrument *out of tune* is worse than none at all. The leader of an orchestra would eject it, and the player of it, with angry promptitude. Every string in a harp or piano (which is



a harp on legs) is intended to harmonize with every other string. So in case of organ pipes and all other machines for making music. Certain street organs are horribly remiss in this particular, and the grinders thereof ought to be expelled from the country

before a storm of popular indignation.

The human body is in a true sense an instrument. The principal parts of it—such as the brain, the heart, the lungs, the stomach, the liver, etc.—are called “organs”; and the word “organ” means instrument. They are constructed to work together so as to produce the music of health, strength and happiness. But they are a bit different from the strings of a piano or the whistles that compose an organ. A string may break or a pipe get choked without affecting the rest. Not so with our bodily strings and pipes. Anything going wrong with one of them, more or less upsets all the others. A fit of indigestion makes the head ache, jangles the nerves, clogs the liver and sets the heart thumping and palpitating like a clock pendulum when

Your pain in the side will be cured by using a Seigel's Plaster.

the ball falls off. And thus it is, backward and forward, uphill and downhill, all through these affiliated pieces of the one machine. Mostly, however, the cause of discord is in the stomach or other parts of the digestive arrangements. Hence when your body gives out fearful dis-

cords in the shape of pains and the like, signs of what we call "illness," it is best to have a look at the stomach. Tune *that* up, and *keep* it in tune, with an occasional dose of Mother Seigel's Syrup, and all the strings and pipes will sound together like the voices of a trained chorus.

Consumption and Dyspepsia.

The likeness between consumption and certain forms of dyspepsia is so close as to be startling. The leading symptoms are the same. The cough, the night sweats and the loss of flesh mark both. Even expert physicians are often deceived. Hence dyspepsia is frequently mistaken for consumption and therefore wrongly treated. For notwithstanding the similarity there is a radical difference between consumption and dyspepsia. The former involves the gradual (some-

times rapid) destruction of the *substance of the lungs*, while dyspepsia does not affect the lungs at all. Consumptives usually suffer from incidental dyspepsia, while dyspeptics are generally free from lung trouble. Because of the resemblance spoken of, people with dyspepsia are often persuaded that they have consumption. Under this alarming impression they procure treatment for consumption. The result is unfortunate in a double sense:—*Not* having consump-

Seigel's Plasters work while you sleep.

tion, it does them no good to be treated for it; they still continue to suffer from dyspepsia, and fancy themselves dying from disease of the lungs. And not knowing their complaint to be dyspepsia only, they take no medicine for *that*. Consequently they grow hopelessly worse, when a course of Mother Seigel's Syrup would quickly restore health. The practical advice we would offer is this:—In all cases of doubt *assume* the complaint to be dyspepsia, and take Mother Seigel's Syrup for it. In nine cases out of ten—yes, even more—the speedy recovery that follows will prove the complaint to have been dyspepsia and *not* consumption, and all fears to be groundless. For although consumption is, sad to say, all too common, dyspepsia is a hundred times more so. And while it is not alleged that Mother Seigel's Syrup will cure consumption, it is useful and helpful in that

dread disease for the relief of the weak digestive organs and to promote nutrition.

Quick Relief.

TO THE MANUFACTURERS OF
SEIGEL'S SYRUP:

Dear Sirs: I take much pleasure in letting you know the great relief that I have received from Seigel's Syrup. In 1892 I was taken with distressing pains in my back and shoulders. I could not sleep at night, nor work. I was worn out. The pains became so bad I was obliged to see a doctor. I got two bottles of medicine but got no relief, so I went to my grocer, T. C. Gerrard, Shellmouth, and got one bottle of Seigel's Syrup. I took three doses and got relief at once. I continued to take half of the bottle and was free from pain. I could sleep and could go about my housework, and very soon was quite strong. I would never be without Seigel's Syrup. I always keep it in the house.

I strongly recommend anyone suffering as I was to take Seigel's Syrup.

MRS. T. LANGLEY,

Castle Avery, Manitoba.

P. S.—You can publish this letter with pleasure if you think it is worth publishing.

Cleanse the bowels with an occasional Seigel's Pill—gentle but powerful.

Gravel and Stone.

This is a large subject, but the most important points are not hard to understand. The urinary organs are twofold—namely, the kidneys and the bladder. It is the duty of the kidneys to take from the blood a certain poison called uric acid, and remove it from the system dissolved in the urine. This the kidneys do easily enough, so long as there is no more than a natural quantity of this acid, which is very hard to dissolve. But when, as often happens, the kidneys cannot pass it off as fast as it is produced by the liver, there is serious trouble at once, and trouble, too, that is sure to get worse.

We will see what takes place. When the kidneys can no longer dissolve this solid uric acid, they pass part of it through in a solid form into the bladder, while the rest remains in the kidneys. This uric acid takes with it

quantities of the salts that are all the time used in the processes of digestion and bodily repair. This acid and these salts combine to form a sandy substance *in the kidneys*, causing a breaking down of those organs (called kidney complaint, or Bright's Disease), and in the bladder they cause a disease well known under the name of *the gravel*.

Persons will often pass some of it in their urine, but the most of it remains, and gives rise to inflammation, pain, heat, and intense suffering in making water. The reason of this is that the sand covers up the passage from the bladder, and the urine cannot find an outlet. To give temporary relief it is then necessary to push back the obstruction with an instrument, and let the water off. This gravel becomes hardened into stones of various sizes, which in passing

Seigel's Pills are a bowel tonic.

through cut and tear the sides of the urinary passages sometimes so that the urine is tinged with blood. The pain and agony attending this are the most intense that men are called upon to endure. It was a misdirected effort to relieve the late Emperor of the French, Louis Napoleon, by crushing the stone in the bladder that caused his death.

The only true method is to dissolve the gravel or stone in the place where it lodges, when it will pass off without being felt. Seigel's Curative Syrup does this, and assists the urinary organs to throw off this dangerous substance as rapidly as it is formed, thus preventing any accumulation in the water passages.

Cases are on record of the success of the Syrup in curing gravel and kidney decay, even after the most skillful medical treatment had been of no avail. Still, there is always peril in delay. The

reader should resort to the remedy on the earliest appearance of suspicious symptoms.

A Friend and Well-Wisher.

DUNBAR, ONT., Mar. 15, 1897.

A. J. WHITE & Co.,

No. 71a James St., Montreal.

Gentlemen: Some time ago my health was very bad, my appetite failed me, my food did me no good. I was troubled by wind and pains in my stomach, and also pains in my head which nearly drove me crazy. My sleep at night was troubled, and I awoke feeling no more rested then when I retired. At this time I commenced to use Seigel's Syrup, and I immediately began to feel better. My appetite improved and my sleep was sound and refreshing. At the present time of writing I am enjoying good health, I sleep well and my appetite is splendid. I can truthfully state that Seigel's Syrup has done me more good than any medicine I ever took, and I am glad of this opportunity of telling others what it has done, and recommending it to them. With good wishes, allow me to remain,

Your friend and well-wisher.

(Signed) F. D. BARKLEY.

Seigel's Pills will not gripe—the ideal cathartic.

Nervous Dyspepsia.

Everybody has heard of ailments by this name, but what the ailments really are and what causes them, remains a mystery. Hence they are wrongly treated, and sufferers finally come to think that they cannot be cured. A few plain words will throw light upon this dark subject. Nervous affections mean weakness or feebleness of the nerves. Now, the body is full of nerves—the brain being the centre. When the nerves are strong and healthy we have no more sense of them than we have of our stomach when *that* is strong and sound. But when the nerves get out of order we are notified of it by such symptoms and feelings as these: sleeplessness, excitement of mind, low spirits, irritability of temper, desire to avoid company, dislike of noise, great worry over little things; uneasy sensations shifting from one place to another throughout the body; a feeling of being tired and exhausted even when we have worked but little; groundless fears and anxieties about our children, about the future, and about a hundred other matters, and many transient pains we cannot account for. Now, what is the cause of this miserable state of the nerves? Simply this—*impure blood*. The nerves are built up and fed by the blood, and when bad digestion has filled the blood with waste and poisonous matters, like filth in a brook, *the nerves are starved*, and tremble and break down. This is the whole truth about all so-called nervous diseases. They are a result and a symptom of indigestion and dyspepsia.

What to do is the question. The answer is easy. Take a dose of Seigel's Curative Syrup night after night for

Don't let Constipation poison your system—Seigel's Pills correct it.

four or five days, or in bad cases longer. But the effect will soon be felt. The Syrup will purify the blood, expel the poison and improve the appetite. The food you then eat will strengthen and tone up the nerves, all bad symptoms will vanish like vapor in the sunshine, and the world will once more seem a good and happy place to live in.

When the stomach is clogged with food, and the food remains there, it soon becomes a source of infection to the rest of the body.

This is the beginning of illness. First clogging, then infection.

The cure is to remove the clogging food, purify away the infection. Mother Seigel's Curative Syrup will do it.

Mother Seigel's Curative Syrup is prepared from medicinal plants and herbs, which strengthen the stomach and all the other internal digestive organs.

The Bowels.

The bowels are a tube or pipe about 25 feet long leading from the stomach to the final outlet of the body. All the useless matter, after digestion, that can be carried off in a solid form passes away through this tube. It is, of course, coiled up something like the "worm" in a distillery. This tube is lubricated or oiled by the bile from the liver. If the liver does not supply enough bile the bowels become costive

and irregular, and the membrane which lines them becomes irritated. Nature tries to break through this blockade by main force, and this causes pain, flatulency and diarrhoea. If not soon relieved, an inflammation sets in which is always dangerous and often fatal. A few days' faithful treatment with Mother Seigel's Curative Syrup will clear out this important passage-way and restore a healthy condition.

Seigel's Pills will not gripe—the ideal cathartio.



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Worms.



These pests are bred by the corrupt matter in the system. They often induce an unnatural appetite, and again destroy the appetite altogether. Seigel's Curative Syrup will quickly drive them from the bowels, and expel and destroy the decaying substances on which they feed and grow.

Mothers should give their children occasional doses of the Syrup to keep the stomach in order, and thus prevent worms being engendered in the bowels. This is true of all the parasites that infest the bowels and skin. It starves and cleanses them away.

Indigestion.

Indigestion brings on headache, neuralgia, dizziness, nausea, tired feeling, weight on the stomach, offensive breath, heartburn, stomachache, fever, flatulence, constipation, loss of appetite, etc. When you have any of these symptoms, take them as a warning. They are the beginning. Worse will come if you do not act promptly. Mother Seigel's Curative Syrup will relieve these symptoms and prevent the coming of the dangerous derangements of your body which always follow them.

If not taken in time to *prevent*, there is still hope. Mother Seigel's Curative Syrup will cure these derangements.

A clear head follows the use of Seigel's Pills.

Directions for taking Mother Seigel's Curative Syrup.

DOSE. — FIFTEEN TO THIRTY DROPS, two or three times a day, in a wineglass of water *immediately* after eating.

Mother Seigel's Syrup is put up in a highly concentrated form, the full dose being thirty drops (half a teaspoonful), and each 6cc. bottle contains sixty average doses, being about one cent per dose.

The quantity may be regulated by the patient, who will bear in mind that sufficient needs to be taken to operate on the bowels two or three times each day. The blood will thus be purified, the sweat-glands of the skin will be opened, and the flesh made soft and healthy as an infant's. The kidneys and liver will do their duty, and all humors of the blood will be driven out of the system, and the body purified and restored

to a sound and healthy condition. The medicine must be taken *instantly* after eating, so that it will become mixed with food while in the stomach.

Commence by taking ten or fifteen drops three times a day *instantly* after eating, in a little cold sweetened water. It is best not to take Mother Seigel's Curative Syrup on an empty stomach. If this does not give relief, increase the dose to thirty drops, always to be taken *instantly* after eating, so that the Syrup may become mixed with the food while being digested. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Syrup.

THE RETAIL PRICES OF THESE MEDICINES ARE AS FOLLOWS:

MOTHER SEIGEL'S SYRUP,	Per Bottle, 60 and 30 cts.
MOTHER SEIGEL'S OPERATING PILLS,	Per Box, 25 cts.
MOTHER SEIGEL'S SOOTHING OINTMENT,	Per Box, 25 cts.
MOTHER SEIGEL'S PLASTERS,	Each, 25 cts.

In case the reader cannot obtain the medicine from a local dealer, we will forward the same free on receipt of P. O. Order or stamps, in a registered letter, for the quantity required.

ADDRESS

A. J. WHITE & CO.,

71 St. James Street, Montreal, P. Q.

For Sale by all Druggists and Dealers in Medicine Generally.

Mother Seigel's Ointment.

For Burns, Scalds, and all Inflammations; Piles, Chilblains, &c.

EVERY family requires some kind of Ointment to be kept in the house, to be used in case of Burns, Scalds, Sores, Bruises, &c. For this reason we have made **Mother Seigel's Ointment**, which will be found invaluable in such cases.

DIRECTIONS FOR USE.

For Blisters, Burns, and Scalds.—Spread a small quantity of Mother Seigel's Ointment on fine linen cloth, and apply to the part so as to exclude the air; renew the application daily.

For Sprains.—Shower with cold water every day, and apply a piece of linen spread with the Ointment twice or three times a day.

For Sore Eyes.—Rub the Ointment on the eyelids once or twice a day.

For Boils and Swellings.—Rub the Ointment on the affected parts several times a day.

For Piles.—Wash in cold water every day, and apply the Ointment twice or three times a day.

For Inflammation.—Apply a piece of linen spread with the Ointment several times a day.

Rheumatism.—While waiting for the effect of Mother Seigel's Curative Syrup to operate upon the blood, the pain may be temporarily relieved by rubbing the part with the Ointment.

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